

Practice Management Insight

A report on events affecting behavioral health and substance abuse providers

January 2019

ThinkHealth 3.0

OrionNet Systems is always working to ensure our members have a top quality system. ThinkHealth will undergo a major transformation early in 2019 to make it the most intuitive practice management software available! ThinkHealth 3.0 will retain all of its functions and features, but will become even more user friendly. Everyone is hard at work to make this rollout hugely successful!

Mobile Solutions:

ThinkHealth-Touch remains an industry leader for on-the-go professionals! It offers mobile capabilities when internet service is unsure!

ThinkJottable allows professionals to take notes on their I-phone that can later be synched to their practice management system. It has gotten great feedback from users:

1. The convenience of it is the best part for me.

2. The fact that I can talk to text my note right after I have met with a client has been the best!!! As a counselor you are not always in an office where you have a computer or have the time to write out a note but thinkjottable lets me talk to text a note in a matter of five minute.

Never lose another client note! With ThinkJottable you can dictate your notes immediately without fear of forgetting important aspects of your interaction with your patient. ThinkJottable is the surest field dictation tool available!

Call today to start using this valuable tool!

Website link:
[More Information](#)



Think **J**OTTABLE in the app store:
[More Information](#)

10 New Year's resolutions for better mental health

Focus on mental health, too.

This is the time of year many people resolve to take better care of themselves. Join a gym, eat healthier, cut down on alcohol — you know the drill. But improving physical health isn't the only resolution to consider. We can all resolve to improve our mental health, too. And research has proven that certain strategies really do improve mood and reduce the risk for mental illness. Here are 10 relatively easy changes you can make that will have a big impact on your mental well-being in 2019.

[More Information](#)

Opioid overdose deaths plunge 31 percent in Ohio county thanks to free Narcan

In the midst of what's considered the nation's worst public health crisis so far in the 21st century, one Ohio county is dramatically reducing the number of deaths related to opioid overdoses. A new report shows overdose deaths plunged by 31 percent in Hamilton County, which includes Cincinnati. There was also a 42-percent drop in emergency room visits. Health officials credit a new program that gives away the overdose-reversal drug Narcan for free.

One-hundred-fifteen Americans die every day from opioid overdoses. CBS News correspondent Don Dahler and his team went to Hamilton County and spoke to people who are facing the crisis head-on.

"It's just heartbreaking what's going on out there, and it's got to stop... It's an awful thing for a mom to go through," Kathie Mead said. She watched her daughter, Amy, struggle with opioid addiction from age 14 to 30.

[More Information](#)

Mental Health Care Coverage Is Leaving Kids Behind And Families Reeling

A family's ongoing battle with UnitedHealth shows how insurance companies are failing children with psychiatric disorders.

One hot summer day in July 2013, a teenage boy with delicate lips and pale blue eyes gathered up his pillows, comforter and sheets and dumped them in the hallway.

Logan was angry and feeling unwanted, he later told doctors. He was also bored. He had lost his privileges for not doing his homework and was cooped up alone in his family's ranch-style house in Allen, Texas.

His mother, Amanda Brown, and stepfather, Delton Brown, both software systems engineers, were away at work. His younger brother, Elijah, was in day care.

Making his way to the kitchen, Logan found some matches on top of a cabinet and set the pile of bedding ablaze

[More Information](#)

Some viewers are criticizing 'Bird Box' for its depiction of mental health

Audiences were quick to praise Netflix's latest film "Bird Box," an adaptation of Josh Malerman's 2014 novel by the same name, for its intriguing plot and suspenseful premise. Due to the buzz surrounding it, as well as many viral memes, "Bird Box" broke the record for the streaming service's most-watched film in its first week of release with 45 million watchers.

Though Malerman hasn't commented on his intent in the original book, some people, after seeing the Netflix film, have taken issue with the story, claiming that it presents a negative depiction of mental health. The criticism mostly spawns from the film's premise. In the film, monsters exist that, when looked at, will drive a person to commit suicide. The only way to avoid this is to not look at the monsters, hence why Malorie, played by Sandra Bullock, dawns a blindfold throughout the film. There seems to be one exception to the rule, however. Anyone with a mental illness who looks upon the creatures becomes actively evil and an agent in the monsters quest to destroy humanity.

[More Information](#)

MARK YOUR CALENDAR

January 1

[Happy New Year!](#)
National Calendar

January 6

[National Technology Day](#)
National Calendar

January 8

[New Employee Orientation ODMHSAS Training Institute, OKC](#)
[More Information](#)

January 9

[National Law Enforcement Appreciation Day](#)
National Calendar

January 11

[National Human Trafficking Awareness Day](#)
National Calendar

January 16

[Martin Luther King Jr. Day](#)
National Calendar

January 17

[Medical Advisory Committee OHCA Offices, OKC](#)
[More Information](#)

January 29-30

[Ohio Risk Assessment System Community Supervision Tool ODMHSAS Training Institute, OKC](#)
[More Information](#)

JANUARY is ...

[National Folic Acid Awareness Week Jan. 6-12](#)

[National Healthy Weight Awareness Week Jan. 18-24](#)

[National Mentoring Month](#)

[National Cervical Cancer Awareness Month](#)

[National Volunteer Blood Donor Month](#)



Think **J**OTTABLE

Now Available In iTunes App Store

Write notes on the go using your iPhone
[Download the App today](#)



Customer statement, "We appreciate all you do for us. Orionnet goes well above and beyond just providing services for us. I love that you find information and share it with everyone. It helps us all so much. Your exceptional service, assistance, communication, and personalities make it a pleasure to work with each and every one of you. You have an exceptional staff!"

Mental Health First Aid

Assess risk of suicide or harm

Listen non-judgmental

Give reassurance and information

Encourage the professional to get appropriate professional help

Encourage self-help and other support strategies from peers, family members, and friends

[More information](#)



Hoping you have a safe and happy New Year!

OrionNet Systems was closed on Tuesday, January 1st, 2019.

Normal business hours resumed on Wednesday, January 2nd.

Opioids offer little chronic pain benefit and wane over time, study says

For adults with chronic pain, opioids offer narrow improvements over a placebo for pain and physical functioning, on average, according to a new [analysis](#) published Tuesday. And the majority of patients will experience no meaningful benefit.

Those benefits also tend to decrease over time and come with the risk of side effects such as vomiting and constipation, according to the review of nearly 100 randomized trials published in the Journal of the American Medical Association.

Down the line, risks may include physical dependence and overdose.

"The benefits of opioids for managing chronic pain tend to be quite modest," said study author Jason Busse, associate professor in the department of anesthesia at McMaster University's school of medicine in Ontario, Canada.

[More Information](#)

HAVING A MENTAL HEALTH CRISIS? GOOD LUCK GETTING HELP

Despite a sharp rise in emergency mental-health related visits, urgent care for non-suicidal patients doesn't exist.

Five months ago, I wanted to die. It took me ten days to get help.

Sporadically over the past eight years, I've been treated for some type of mental-health disorder. But I've never really wanted to die before. I've also never wanted to commit suicide. So when I told my primary care physician I'd been imagining ways I could be "put out of my misery," explaining I wouldn't mind if a tree fell on me or a car hit me, she suggested I leave her office and go directly to the emergency room of a hospital.

But that reaction felt extreme. I didn't want to put myself out of my misery. I wanted something or someone else to do it.

[More Information](#)



National Alliance on Mental Illness



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To remove your name from our mailing list, please [click here](#).